



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35178, Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Report Date: July 16, 2017 14:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	64.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	148	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	619	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein	g	30.56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	2.85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	1.32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	2.68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	236	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	369	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	4.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.154	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1	mg	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	20.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin 1	mg	0.164	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.358	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	7.960	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.900	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.914	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Folate, food 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Vitamin B-12 ¹	µg	1.95	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.47	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	1.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 ¹	g	0.105	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 ¹	g	0.821	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.166	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 ¹	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated ¹	g	0.496	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.786	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 c ¹	g	0.767	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 t ¹	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 1	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 n-6 c,c 1	g	0.071	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 t,t 1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) 1	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans-monoenoic	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol ¹	mg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan ¹	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine ¹	g	1.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine ¹	g	1.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine ¹	g	2.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine ¹	g	2.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine ¹	g	0.998	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine ¹	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	1.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	1.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	2.368	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	2.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	1.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	1.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	3.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	5.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	1.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	1.268	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	1.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD